



Summer Vegetable Spaghetti

Makes: 9 servings

Ingredients

- 2 cups** onion (small, yellow, cut into eighths)
- 2 cups** tomatoes (chopped, peeled, fresh, ripe, about 1 lb)
- 2 cups** squash (thinly sliced yellow and green, about 1 lb)
- 1 1/2 cups** green beans (cut fresh, about 1/2 lb)
- 2/3 cup** water
- 2 tablespoons** parsley (fresh, minced)
- 1 clove** garlic (minced)
- 1/2 teaspoon** chili powder
- 1/4 teaspoon** salt
- 1** black pepper (to taste)
- 1 can** tomato paste (6 oz)
- 1 pound** spaghetti (uncooked)

Nutrition Information

Nutrients	Amount
Calories	260
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	5 mg
Sodium	290 mg
Total Carbohydrate	48 g
Dietary Fiber	5 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

1/2 cup Parmesan cheese (grated)

Directions

1. Combine first 10 ingredients in large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook gently, 15 minutes, stirring occasionally until vegetables are tender.
2. Cook spaghetti in unsalted water according to package directions.
3. Spoon sauce over drained hot spaghetti and sprinkle Parmesan cheese over top.

Source: National Heart, Lung and Blood Institute (NHLBI), Stay Young at Heart: Cooking the Heart Healthy Way